

Life University Pediatric and Prenatal Certification Program by Dr. Claudia Anrig

Instructor: Monika Buerger BA, DC

Course Title: Leading the Way for Optimal Brain Development with Spinal Movement

12 Hour Live Course

Course Description

Spinal movement leads to developmental movement patterns that are critical for proper brain development. This hands-on class will look at how chronic subluxation patterns affect developmental movement patterns and how this can lead to persistent primitive reflexes, postural instability and altered functional brain development. This is the foundation of the Developmental Origins of Health and Disease.

Hour 1: Preconception and Prenatal Considerations for Optimal Neurodevelopment

This hour will cover key factors of prenatal stress and the Developmental Origins of Health and Disease from a subluxation-based perspective. It will also cover important information regarding low back pain, pregnancy and over-the-counter medications known to be linked with autism, ADHD, and asthma and how chiropractic care should be considered as an alternative.

Hours 2- 5: Developmental Neuroplasticity: The Early Years

These four hours of hands-on learning will focus on developmental movement patterns and associated spinal subluxation patterns and how these will impact sensory input into the central nervous system and alter functional connectivity and the developmental trajectory of the brain. It will also address how chronic subluxation patterns and altered movement patterns can affect the integration of primitive reflexes and lead to dysregulation of the autonomic nervous system. Detection and correction of spinal subluxations will also be a part of this hands-on segment.

Hours 6-8: Postural Instability: Foundations of Learning, Attention and Behavior

These three hours of hands-on learning will be a continuation of hours 2-5 but will focus on the older child. Attendees will learn how to evaluate postural instability in the older child, what it may indicate, and how it is related to brain function, learning, attention, and behavior. Detection and correction of spinal subluxations, along with current chiropractic neuroscience, will also be a part of this hands-on segment.

Hour 9: Adjusting into Calm, Not Chaos

This hour will cover calming techniques to help regulate the nervous system in sensory-defensive children in order to maximize the power of the chiropractic adjustment. It will also cover specific visceral techniques to help aid the adjustment in those children with digestive struggles and vagal tone imbalances.

Hour 10: Postural Considerations on X-Rays

This hour will focus on potential x-ray findings and subluxation patterns that chiropractors may see with postural instability related to the poor vestibular, proprioceptive and visual processing and/or with tethered restrictions, such as tongue ties.

Hours 11-12: Chiropractic Lifestyle & Wellness Considerations

These two hours will focus on general nutritional and environmental considerations for the family wellness subluxation-based chiropractor to educate and empower their practice members and promote optimal neuro-adaptability.